



# Hafiflik (Yoga, pilates ve chi kung'un sentezi)

*Ray Rizzo*

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Yoga, Pilates, dans ve fiziksel egzersizin bircok farkli stili vardir. Ancak tum bu disiplinlerin ozunde bedeni ozgurlestiren ve zihnin kilitlerini acan ortak bir hareket kodu, asli olan bir takim egzersizler ve teknikler vardir. Bu kitap bunlari islemektedir. Bu kitabın iceriginde ogretici bir DVD , beslenme, nefes ve metafizik konularında bolumler vardir. Hafiflik, uc ana bolumden olusmaktadır: - Bakim Hareketleri Seti: Rahatlik icin egzersizler - Tedavi Edici Hareketler Seti: iyilesme icin egzersizler - Ilerleme Hareketleri Seti: Ustalik icin egzersizler State University of New York'un Holistik Saglik Bilimleri bolumunden derece almistir. Pilates ve Yoga egitmenligi sertifikasına sahiptir ve ayni zamanda masaj uzmanidir. Ray Rizzo, Hafiflik sanatini Avrupa ve Amerika'da yaymak icin calismalarini surdurmektedir. "Umuyorum ki dovus sporlari yapanlar, bu sporların dekoratif dallari, cicekleri ve yapraklarından cok kokleri ile ilgilidirler. Hangi yapragi, hangi dallarin dizaynini veya hangi cicegi sevdiginizi tartismak bostur. unu anlayınca ondan yetisen her parcayi anlarsınız." -Bruce Lee

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